

FAMOUS SACRED MONGOLIAN HEALING SPRING KHALUN ARSHAN

[Translated from the book “Folk Remedies” (“Народные Средства Лечения”) written in Russian by Paul M. Kourenoff, published in New York City in 1985, remedies no. 334-350. Originally published in English as “Secrets of Oriental Physicians” in 1950.]

In Mongolia [Inner Mongolia, a region of China], south of the city of Hailar, at the foot of the Khingan mountains, lies the world-famous sacred Mongolian healing spring Halun Arshan [Arxan], the fame of which resounds throughout Asia and most of Europe. There is a very large resort near the spring. All those seeking healing of their ailments usually turn to the lamas (Buddhist clergy, but also doctors of Mongolian folk medicine). The lamas, after interviewing the patient and approximately determining what the patient’s “illnesses” are, prescribe a course of treatment for them.

A remarkable feature of this spring is that, if you look at it from above, you see the outline of a giant man spread out among the rocks of the mountains. Being deeply religious, the lamas firmly believe that the source was created, in the image and likeness of man, by none other than God, and, therefore, they often prescribe baths in the “head” of the giant spring for those suffering from headaches - with sore feet - in the “legs”, etc. Europeans, especially doctors, consider such actions of the lamas to be superstition. However, all those treated in Halun Arshan (and, of course, those cured there) find the actions of the lamas absolutely correct and they claim that the lamas know what they do, and they know how to heal the like none other. I am familiar with a dozen people who were treated in this spring. All of them unanimously claim that with their own eyes they saw piles of hundreds of crutches abandoned by rheumatics and paralytics because they were completely unnecessary after treatment in the sacred healing spring. A photo of a pile of these crutches is included in this book.



There would have been many tens of thousands of crutches left there, had the Mongols not been burning them as firewood during winter. All these crutches are thrown, mainly at the “feet” of the giant spring. When one well known to the author researcher of the East in general, and oriental medicine in particular, reported at a meeting of the Presidium of the Academy of Sciences [in Russia] at the beginning of the twentieth century that the waters of Halun Arshan cure almost all forms of rheumatism and paralysis, the venerable academicians cruelly ridiculed him.

What diseases can be cured by the waters of this spring?

It is easier to list those that are not cured than those that are. In the history of mankind there has not been and there exists no such magic pen that would describe all the miracles of treating diseases with the waters of this spring, especially the so-called “terminally ill”. Without fear of exaggeration, we can say that if we put together all the healing springs of the world and multiply their healing power by a thousand, then even in this case we would not get even one hundredth of the healing power of the Halun Arshan spring. So truly

great, comprehensive and phenomenal is the healing power of these sacred waters. The reader, of course, longs for a more detailed description of the miracles of healing with the waters of this spring. All subsequent presentation will be the answer to their question, and now the author asks each reader of his medical book: “Where on our planet, except for Halun Arshan, will you find a spring where, at a distance of ten steps, the difference in water temperature would be 34 degrees Celsius?... **Isn't this the Eighth Wonder of the Universe?**”

And one more thing: in what corner of the globe, besides Halun Arshan, will you find a spring that **by itself, without human help, would diagnose a patient?** - On the day the patient arrives at the waters of the spring, the lama usually prescribes a bath for the newcomer at 12 degrees Celsius. This place is located approximately in the center of the “chest” of the spring giant and is called “**Sacred Tsynkir**”. This diagnostic bath will determine what the patient is sick with, because after taking a bath, pain in different parts of the patient’s body will only intensify and not subside. But that's not all: the main surprise is yet to come. Suppose that a patient had kidney disease several years ago, but somehow temporarily healed it, and their kidneys have not bothered them until recently. However, if after two or three years or more the kidneys of this patient were to get sick again, then after taking a bath in the Sacred Tsynkir the pain in their kidneys will strengthen immensely, and this would mean the giant spring had shouted on the entire Khingan Mountains: “**Oh, human, in two or three years you should have gotten sick with your kidneys to an even greater extent than you did five years ago, but you are lucky to have plunged into the waters of the Sacred Tsynkir and found out which part of your body should be treated immediately. Go to the lama right now: he will prescribe you several kidney baths and you will be free of your illness forever.**” **No matter how you say it: This is the ninth miracle of the Universe!**

Usually ten baths are taken in the Tsinkir. After the Tsynkir, cold and then hot baths are replaced by cold ones. If a patient is sick, say, with heart disease, then the lamas will prescribe many different baths for them, except for the “heart” bath, but, in the end, this patient will take many more “heart” baths than others. The same is true for all other diseases. The spring is divided into baths for those suffering from the following diseases: ears, eyes, nose, mouth, legs, back, heart, head, kidneys, stomach, lungs and many others. etc. The spring cures once and for all all skin diseases and, by the way, eczema of all types, including chronic and malignant... All colds, lumbago and the consequences of colds are cured by the waters of this spring quickly and radically... Heart patients diseases, often in severe form, are treated with cold baths, and the results of treatment are always good...

Those suffering from headaches are treated in a bath, the year-round temperature of which is exactly zero degrees Celsius, and this despite the fact that winters in Halun Arshan are as cold as in Irkutsk, and in summer the heat reaches almost the level of the Tashkent heat. **This is the tenth miracle of the world and nature!**

The wife of a dentist, a friend of the author, was completely cured of a frequently recurring sore throat by gargling with water from the “mouth” of the Halun Arshan spring. Many who have visited the waters of this wonderful spring, sometimes for the sake of jokes and mischief, sometimes on the orders of the lama, “test” the difference in water temperature. With a thermometer in their hands, they reach a place where the temperature is 12 degrees Celsius. Then step by step they walk towards the hot water and, after measuring ten steps, measure the temperature again and, reading the number 46 (degrees), shake their heads in amazement. Walking from cold to very hot water, eccentrics with a thermometer in their hand cry out with each next step: “Oh!”, feeling that the temperature is changing greatly and quickly. Why the temperature changes so sharply and at such a close distance in the same spring, where there are no partitions, no one can answer, and this is something of a mystery of the universe.

Those who have never been to the waters of the sacred spring may think that its excessively cold baths can bring colds and similar illnesses. Observation proves that it is absolutely impossible to catch a cold from the cold baths of the spring. According to the belief of the Chinese, Manchus and Mongols and according to

ancient legends, for several thousand years of the existence of the Sacred Spring there has not yet been a single case of a cold from cold baths. All diseases of the gastrointestinal tract are cured by the waters of the spring forever. The most severe colitis disappears without a trace after one summer season of treatment, lasting from early July to mid-August. Catarrh of the stomach, heartburn, dyspepsia (poor digestion) and other diseases of the stomach and intestines are cured quickly and completely. The lamas force those suffering from gastrointestinal diseases to drink water from a place that corresponds in its position to the "stomach" of the giant humanoid spring. This water's taste is much more disgusting than sea water, but if you drink it during at least one summer season, it works wonders that no other medicine in the world can perform.

The so-called "wound bath" is famous throughout Asia. This bath is located in the "chest" of the spring giant. You just need to dip a patient with a huge wound or cut into this bath, and the edges of the wound begin to heal and grow together, and the bleeding immediately stops. In no other place on the globe does a person have such a colossal (wolfish) appetite as in Halun Arshan. This appetite is truly phenomenal. Before eating, people in Halun Arshan are so hungry that they literally shake... This is partly due to the highly healing mineral baths, but also because some claim that the spring is located at an altitude of approximately seven thousand feet above sea level. The temperature difference between day and night is so striking that during the day the sun's rays actually burn you, and at night the "dog" cold sometimes forces you to dress in fur clothes.

An indisputable fact has been established: during a stay in Halun Arshan, during only one summer season, the body is unusually rejuvenated and literally reborn, many attribute this phenomenon to a correct and fast metabolism. Neuroses of all varieties disappear fast and without a trace after one summer season of treatment. Many of the attributions can be traced to the large difference in temperature between the healing water and the air... Women's diseases are cured in a short time and radically, and, most importantly, those cured never complain about the recurrence of the disease. This is confirmed by thousands of Mongolian and foreign women who were treated with the waters of the sacred spring.

The most severe forms of rheumatism are forever cured in this blessed point of the globe. Let us mention once again that the proof of this is the photograph we provide of a pile of crutches abandoned by recovered semi-invalid rheumatic patients (including patients with articular rheumatism), paralytics, etc. Dentist S., a friend of the author, describes a case when a sick rheumatic patient was brought to Halun Arshan on a stretcher. Three weeks later, this recently disabled person was walking even without a cane... Many Mongols use the waters of the sacred spring to treat their eyes. And, I must say, with great success... Dropsy of all varieties and degrees is cured in a very short time.

In front of the eyes of the already mentioned dentist S. and his wife, a syphilitic Mongolian was brought to the waters of the sacred spring. This unfortunate man's disease had eaten away his entire side: no skin was visible, and instead there were only scabs and sores... A frightening, terrible spectacle... After six weeks, the Mongol was completely healthy. It is possible that his recovery was only superficial, not fundamental, and, as many assumed, syphilitic bacilli (pale spirochetes) remained in the Mongol's blood. Whether this is true or false, but, nevertheless, the waters of the famous spring have shown their incredible healing power like no other medicine in the world.

All newcomers are warned that they should strictly obey the lamas' instructions regarding the choice of baths, and not allow themselves to be frivolous in jumping into the first bath they come across or jumping from a hot bath to a cold one "at their own discretion." This kind of oversight can cause worsening of the disease, fainting and other very unpleasant consequences. Here is a striking example of this. During the occupation of Manchuria by the Japanese, a group of Japanese medical students led by a professor of medicine came from Japan to the waters of the sacred spring. Obsessed with the arrogance of the victorious conquerors, they, of course, did not turn to the lamas for advice, but, following their national custom, climbed one and all into the very hot bath of the spring. After a little over

thirty minutes, all the Japanese students fainted. The resort public rushed to save the students. They were pulled out of the waters of the source in an unconscious state and given first aid. It's good that someone noticed in time that the students of the Land of the Rising Sun were going under water one after another. He was a compassionate Russian. He screamed heartily: "The Nippons are drowning! Help!" (During the occupation of Manchuria by Japan in 1931-1945, the new masters of the country forbade Russians to use the words Japan and Japanese, replacing them with Nippon and Nipponians). It is interesting to note that the hot spring bath, where the Japanese students plunged headlong into, has enormous healing power against some serious diseases, but the lamas strictly instruct patients not to stay in this bath for more than ten minutes. A twenty-minute stay in this bath is harmful and detrimental to health, and, as the example with the group of students showed, a stay of more than half an hour ends in severe fainting and numbness of the whole body. **This is the eleventh miracle of the world and nature!**

What surprises most newcomers to the waters of the sacred spring is the harmless and tamed snakes who are so numerous that the water is full of these "cute" reptiles. Even five year olds play with these snakes without fear. There are so many adults and children in the spring they poke a dozen of them on their necks and arms and pose like that for amateur photographers. The Mongols and Manchus consider these snakes sacred and adhere to the belief that the presence of countless numbers of them and the generation of snakes from their eggs gives the spring its power. These snakes are similar to Russian water snakes, and apparently they are a variety of them. Sitting in the spring bath, patients see dozens of snake eggs at the bottom of the spring, and often snakes slide, touching the body of the bathers, however, no one pays attention to such trifles. Do snakes constitute the main healing power of the spring waters? People of Western culture very much doubt this, but they also admit that the "snake culture" gives some special character to the waters of the spring, somewhat increasing their healing power.

For many years, two Russian paramedics lived at the resort; one of them is named Voiloshnikov. They adopted from the lamas diagnostic and other techniques for treating baths of the sacred spring, but medical doctors and scientists have not yet properly studied the miraculous power of these healing waters, which over the course of several millennia have cured millions of patients. We can say without fear of exaggeration that in a century, or maybe less, representatives of the ministries of health and scientific and medical societies of many countries will constantly be at this sacred spring. There will be such an influx of patients to the waters of the famous spring, and from almost all countries of our planet, that a queue will be established, and a "quota" will be determined for each country.

Now the author would like to write not with a steel pen, but with a **fiery pen**, with which he could burn his message into the hearts and souls of all the "hopelessly" sick inhabitants of our Earth and instill in them hope for a complete recovery from many so-called incurable diseases: **"If you are very seriously ill and have been treated for many years to no avail, go to the sacred Mongolian mineral spring Halun Arshan! If your illness belongs to one of the categories we are describing in this essay, then go to the waters of the All-Curing Spring at the first opportunity! It is safe to say that more than ninety percent of the so-called "hopeless" will forever leave their illnesses in this spring!"**

Before World War II, 500 US dollars was considered enough to travel to the waters of the sacred spring, stay in Halun Arshan for a month and a half treatment season, and return back to the United States. One sometimes went there through Shanghai, or, even better, through Japan. From the Korean port of Fuzan, it is a five-day ride by rail to the city of Hailar in Manchuria, from where you can travel by bus to Halun Arshan in seven hours (230 miles). What a pity that now patients cannot go to Halun Arshan for treatment, because it is behind the Iron Curtain. By all indications, travel of patients to Mongolia will become possible only after the Third World War. Many Americans, including Russian-Americans, open savings accounts at banks for the express purpose of buying Christmas gifts. If anyone manages to save the required amount of dollars to travel to Halun Arshan for treatment, then it will be the most valuable gift in the world...

Many, having read this essay, will ask the author roughly, the following questions:

Question: - Isn't it possible that by bathing with a syphilitic Mongol, other patients can become infected with syphilis?

Answer. According to the categorical assurances of the lamas (and they can be trusted), during the entire centuries-old existence of the spring there was not a single case of infection of one bather from another. The lamas quite rightly assure that all pathogenic microbes are killed by the water of the sacred spring at the very first contact with it, just as they are killed by carbolic acid and other antiseptic solutions... **This is the twelfth miracle of the world and nature!**

Question:

They are completely harmless, however, many are afraid of all kinds of Snakes. Are there any baths where there are absolutely no snakes?

Answer: In the parks of large cities in many countries, lovers of birds and animals sit on benches and feed from their hands pigeons, squirrels, etc. Huge tame bears in Yellowstone Park in the USA are such beggars that they stop cars of tourists, come to the window and ask for a piece of bread or something edible. The snakes of Halun Arshan spring are as safe as these pigeons, squirrels and bears. When you see how others, and especially children, play with these reptiles and pose for a photograph with the reptiles on their neck and arms, you will also be infected by their example and will do the same.
A few brave souls live near the sacred spring winter and summer. They have to live in Mongolian yurts, but there are very few such adventurers.

Many acquaintances of the author who lived in Harbin, Hailar and other cities of Manchuria and Mongolia claim that the Mongols are cured more, faster and more radically than Europeans and Americans, mainly because the latter never go to steam baths and their bodies cells are closed. During their stay in the hot baths of the spring, the cells open, begin to breathe freely, the composition of the blood changes due to the gain of oxygen entering through the open pores, etc. By the way, all Mongols before entering the bath, while taking a bath and getting out of baths, continuously read prayers. Our Russians, on the contrary, enter and leave the bath laughing and talk loudly to each other while in the waters of the sacred spring.

Nowhere in the world is there such a fishing "Eldorado" as in the Halun Arshan region. When not taking baths, amateur fishermen go to the Khalkha River (it's right next door) and catch forty and fifty-pound taimen (a type of trout). Anyone accustomed to "fishing" can catch two fish with a fishing rod in a short time. The rivers of Mongolia abound in fish, because for the Mongols fish are sacred, and they do not catch or eat them. During the unkind memory of the Japanese occupation, gangs of these conquistadors caught hundreds and hundreds of tons of precious fish with the nets of professional fishermen and devastated the richest fish granary. In summertime, when not bathing, all the "resort-goers" rush in an unstoppable avalanche into the field where wildberry grows in abundance and is the largest and most delicious, which is not found anywhere else in the world. If you're not lazy, you can get hundreds of pounds of it.

THE PLACE NOWADAYS – APPENDIX TO THE TRANSLATION

Today (year 2024), it is obvious the place has gone through development, though it is still quite an obscure place. At the area described in the book is now located the city of Arxan, which is one of the smallest cities in China – only 30,000 residents. It can be reached by train, and the local station is also the smallest one in China.

Instead of one big spring, which was probably created by a combination of many springs (thust the different temperatures and healing properties), today there are 48 different springs in the area, spanning an area of 500 meters length and 70 meters width. As explained thoroughly by a local sign, each spring has different healing properties, and the 48 springs represent the human body, similar to the united spring which used to be there.

Each spring also has a different temperature and different mineral composition. At least one of the springs provides good drinking water which are free to take and fill bottles with.

The Mongolian lamas are still around, and perform religious ceremonies at the springs. It's possible you can still receive instructions for treatment from them. Mongolian nomads from the vicinity still park in the area with their yurts to bathe in the healing springs.

Some of the springs were channelled into artifial pools which are all located at a closed complex named “Hot Spring Museum of China”, paid entrance. The place is a closed and roofed complex which includes a tropical garden and a number of hot and cold spring pools (the temperature ranges between 8 degrees celcius in a cold spring up to 46 degrees celsius in a hot spring). Next to each pool there is a sign in Chinese and in English which detailing, among other things, the spring's medicinal properties, the water temperature and chemical composition, recommended bathing duration as well as medical conditions in which one should avoid bathing. It's possible to receive counceling and to match a program for bathing in the springs. Such a program can be as long as a month.

There are quite a number of hotels in the city, where one can stay during treatment. Outside the city there is a large nature reserve with breathtaking lakes, forests and rivers.

Note: All of the above does not constitute a medical advice and does not replace any medical treatment prescribed by a certified doctor. You should complete any treatment given by a doctor. You should always consult with a doctor before bathing in Halun Arshan springs specifically and hot springs in general. We do not know of any scientific research performed to check the medical properties of the springs, and all of the reports may be anecdotal.

